




Welcome to our Evening Education Series

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Tonight's Topic

Spring forward with refreshed **SMART** goals



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What are "SMART" goals?


Specific: your goal should tell you exactly what you want to accomplish. "Who, what, when, where, and why."

Measurable: you should be able to quantify your goal. "I will eat 1 apple each day for the next week."

Attainable: be cautious of setting goals that are currently out of your skillset or that you do not have resources for

Relevant: your goal should be relevant to you and your lifestyle

Time-Bound: set a deadline with your goal to keep you on track. At the end of the deadline, you can assess your progress toward your goal



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Why are "SMART" goals important?


- They help you stay **focused** on what you are trying to accomplish
- They can help you **avoid becoming overwhelmed** with "all the things you need to do."



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Did you set "SMART" Goals at the beginning of the year?


- If you did, when was the last time you checked in with them to determine if you have met them or not?
 - Take time to assess your progress towards reaching your goal. If you have not met your goals yet, create an action plan to help you meet them
- If you set goals that were not **SMART**, then consider recreating them to make them **SMART**




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How to Get Back on Track

- Revise your **SMART** goal to be more specific, and use a shorter time period (3-7 day period of time)
- Gain momentum by meeting that goal, then create a revised **SMART** goal to continue your progression



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How do you use **SMART** Goals?

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